

Round Shoulders

- winging of the scapula.

Causes - Middle trapezius & rhomboids slacken.

Rhomboids | weak.

Middle trapezius

Causes - bad standing & sitting positions.

1) - tight clothing.

2) - if condition very bad - leads to kyphosis.

3) - secondary to picking chin

bad tonsils + adenoids.

4) - long, thin, children - outgrowth strength.

Changes - stretching, Rhomboids + traps.

- Pectorals get tight.

- leads to loss of mobility in shoulder girdle.

Exercises

- Mobility

Stretching - for neck.

Corrective - for R. + L. to shorten them.

Posture exercises.

Mobility

Front st. - windmills. finish on up back swing.

BD. st. shoulder rolling, finish going back.

Easy A. with back circling.

Stretching

1. Bear long sitt. - chest expansion.
- passive exercise.
2. Neck rest. prone lying, chest expansion
- opponent knees, one knee on
scapulae of patient, pulling
elbows up & down, breathing in
& out.
3. Stretched back hanging against stall
bars.

Short muscles - work full inner range

Exercise to strengthen & shorten stretched
muscles - work 1 group of muscles.

1. 1/2. stride sitt. Plane A. carrying
(passive)
2. Patient resists while opponent draws
arms forward to reach.

Joints Muscle group Muscle Names - Method &
Steno-Clav. Inmost rotators, scap. Rhomboids ~~Levator scap.~~
Adomio-Clav. Middle trapezius.

Biceps-humeral Extensors of Post. fibres Delt. ^{eccentrically}
Biceps-humeral j. Triz minor ^{inner + middle}
Infraspinatus ^{range}
Lat. dorsi
Long head Triceps ^{eccentrically}

Strotic Muscle Work

1. Extensors + flexors of limb.
2. Recti Spinae - keep back straight.
3. Extensors of heads + arms ^{elbow}, supinators of
& inmost rotators of gleno-humeral.
Abductors of sh. extensors of neck.

Abdominals.

Depressors of sh. girdle.

Latiss.

Decrease in } normal conavity formed
in the } lumbar region.

Causes 1. Slack posture.

2. Slack abdominal muscles - after operation
- post-natal.
- general debility.

3. Too much wt. in abdominal cavity
- obesity.

4. Abdominal tumors.

5. Secondary to hypnosis.

6. Continually wearing high heels.

Changes occurring in structures.

1. To keep body straight.

- Alteration in line of wt.

2. - Muscle pull.

- balance of tone in
hip flexors, abdominals &
erector spinae.

Pelvis.

Increased pelvic inclination (forward)

Decreased pelvic inclination (back)

normal 60°

Changes

1. Alteration in line of wt.

1. - Abdominals slack.

2. - Erector spinae shorten & tighten

3. - Hip flexors ought to ~~be~~ tight.

4. - Spinal ligaments (back) tighten.

- 5. Seg of front of spine stretch.
- 6. Inter-vertebral discs squashed posteriorly.
- bones become wedge-shaped after
continuance of this.
- 7. Pelvic L. increases.
- 8. Length of hamstrings alter -
- may lengthen or tighten.

Symptoms

- 1. See lumbar curve.
- 2. See bad abdominal outline.
- 3. Angle of pelvis altered.
- 4. Pain in lumbar region.
- 5. Limitation of movement in lumbar.
- perhaps to bones & ligam.
- 6. Patient can't touch toes.
- tight hip flexors.
- Put patient flat on back, one knee held tight on chest, other leg can't straighten out.
- 1st degree - postural - mobile.
- 2nd degree - partly mobile - some loss of mobility.
- 3rd degree - practically immobile.
structural

Pathology

- Put patient in hanging & curve disappears - it is postural.
- If it improves in hanging but not to normal - secondary.
- If it doesn't improve at all
- 3rd degree - structural.

1st degree - cure.

2nd degree - improves a lot.

3rd degree -
not much hope.
improve condition. 413

exercises for Indoors

mobility

1. W_q. high R. sitt. trunk rolling.
2. " " " " rotating.
3. Fold st. turning hanging & swinging.
4. Long sitt. trunk fd. to touch toes.
5. Alt. hip up - drawing.

stretching

1. Crk. support hanging.
2. Crk. sitt. against upright
3. Resting in prone over pillow.

corrective

1. Th. ly. head lifting.
2. Crk. ly. abdominal contraction.
3. Crk. ly. head & kn. raising.
4. Crk. ly. knees drawing up & pressing down.
5. W_q. support H. R. S. trunk bending with resistance & straightening against resistance.

Crk. th. ly. 2 kn. drawing up & pressing
 1st. half. of patient reads.

→ Straighten again & relax

Mr. S. W. R. Sitt : Bend & straighten with resistance

<u>Joint</u>	<u>Muscle Group</u>	<u>Muscle</u>	<u>Method</u>
1. hip-joint	flexors of hip	iliopsoas	concentric
2. knee	passive		inner
3. humerus	abdominal (lumbar)	rectus-abdom	inner
4. sacro-iliac		obliquus	

Rhypotosis

Increase in normal curve backwards in dorsal region.

normal Post.

1st type - Angulus

2nd type - Acuata.

↓ low hypotosis

Angulus - Vertebrae break down & are crushed together



- Patient mustn't walk more & stretch spine - nothing strenuous.
- T.B. of spine (subject)

Acuata - Slack posture - stooping, tell type.

- caused by short-sightedness.

1) - small school desk.

2) - tonsils & adenoids.

(difficulty in breathing)

3) - occupations - stooping

- lifting heavy weights

4) - too tight clothing.

Signs & symptoms

1) - aches & pains in back.

2) - increase in normal curve backward. 415

3) round shoulders - secondary feature
hanging head & chin.
4) in conjunction or result of trapezius.

Muscles in back ^{1st degree} - stretched rectus spinae ^{2nd degree} - spine
" " front - lig. shortened
pectoralis tight.

1st. - shoulder
degree. middle trapezius stretched.
2nd. - wedge-shaped intervertebral
degree. discs - compressed.

1st degree - mobile - postural
2nd " " - partly mobile
3rd " " - very stiff - changes in bone.

1st degree - If curve will correct in hanging.
2nd degree " " " improve " "
3rd degree No improvement in curve.

Exercises - To get patient's position & get
her to buck it - good posture.

1) Mobilize the spine.
- stretch tight muscles.
- strengthen & tighten stretched
muscles.

Instability -

Wq - H.R.S. alt. T. side bending.

Wq, H.R.S. alt. T. rotation.

Hanging.

Stretching:

- 1) Hanging strap ex.
- 2) May. cushion in back.
- 3) Stz. grasp strap st. ~~5~~
- 4) Chest expansion exercises.
- 5) Klapp's crawling ex.

Corrective:

Hanging, bk. extension.

Stz. kn. chest sit. ~~50~~ 50

Neck rest. x leg sit. back arching.
+ ch. lift w. (long sit.)

All positions of head + nk. rest.

Scoliosis

Lateral curve with rotation.

Named convexity.

Left - (Also region of spine concerned.
long C - total curve.
Left dorsal

{ 1. Dorsal. 2. lumbar curve.

" S curve

Double curve.

Causes

A. Paralysed

1) loss of postural tone.

General debility.

Bad habits.

2) Paralysis

Opp. pull of strong muscle.

Anterior Polio Myelitis

Spastic paraparesis

- too much muscle tone.

3) Disease of bone

Rickets.

4) Respiratory diseases

Empyema.

T. B. Pthisis.

5) Occupational

Violin playing -

6) Injury to spine or sacro-iliac joint

- rupture of nucleus pulposus

- shortening of one leg.

- bent knee.

7) Unusual hearing & eyesight.

8) Torticollis.

B. Congenital - born with it.

1) Mandibular pulvilli not in centre.

2) Child's spinal discs wedge-shaped.

Changes

1) Soft structure

1) Muscles on convexity of curve stretched & weakened

2) - on concavity shortened & strong.

3) - Intervertebral discs become compressed - wedge-shaped - thin edge to concavity.

4) Bodies rotate towards concavity, muscles, ligaments, intervertebral discs, rotate to concavity, alt. of chest diameter, changes of ribs.

Bumbar - changes in transverse process - bones press together.

Bumbar curve.

Signs & symptoms of lumbar curve

1) aching of back.

Signs - alteration in waist angle.

2) - increased on side of concavity.

4) - prominence of iliac crest of concavity.

5) - lateral tilting of pelvis -

- post. spines not level.

6) - rotation of pelvis.

7) - post. sup. spines not equidistant from spine.

if st. spine is never mid-line, pelvis _{numbs rot.} 419



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